

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Chet Janik

County Administrator

(231) 256-9711

County Commissioners

Rick Robbins

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 409-1140
rrobbins@leelanau.gov

Debra Rushton

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 941-8286
drushton@leelanau.gov

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District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4247
wbunek@leelanau.gov

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District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496
psoutaslittle@leelanau.gov

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(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
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Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509
mlautner@leelanau.gov

March / April 2022

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

I am eagerly awaiting Spring, more so than I have in previous years.

When we arrived in February, I remember telling people that we had survived the year of January and hopefully the remainder of 2022 would move at a faster pace. As I write this letter in February, I can state that the pace seems to be on par with previous years. As our daylight extends each day, I am beginning to feel some excitement dreaming of flowers pushing their way to the earth's surface and the new beginnings ahead.

This past winter I followed a group entitled, "View From My Window" on Facebook. I know not everyone uses Facebook or appreciates social media, but this group is positive and posted pictures of the views outside of windows from around the world. Each photo showcasing beauty and everyday life; giving us a glimpse into life outside of Leelanau County. Although there have been a few posts from Suttons Bay residents showing the world the beautiful bay.

I found this Facebook group uplifting during the darkness of winter. Not all pictures are picturesque or of beautiful settings, but they depict real life which is refreshing and beautiful in and of itself because each space represents someone's home where memories are held and made.

Many of you may not go on social media to find this group, but I imagine you may find the same sense of peace as you gaze out your window and behold the beauty of the landscape around you or the yard that is a placeholder for the memories shared in that space.

I am hopeful Spring will bring with it a season of renewal and that the sun and beauty that surrounds us will be a guide as we continue to navigate life within a pandemic. If people around the world are able to look out their windows and see how their little sliver of the earth can have a profound impact on others, I am optimistic our little piece of heaven in Leelanau County will continue to inspire those residing here and those who come for a visit.

Enjoy the sunshine. Take in all the beauty that surrounds you and let it lift your spirit as launch into Spring.

Warmly,

April

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

Foot Care Vouchers Are Available

\$15.00 ea

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

1. Mail a check
2. Call and pay by credit card
3. Stopping in the office

LCSS is collaborating with Comfort
Keepers to provide a foot care clinic
the first Friday of each month

from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

Friday, March 4, 2022
10:00 a.m.—1:00 p.m.

Friday, April 1, 2022
10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her
salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.
Her phone number is (231) 883-4529.

Covid Vaccines



LCSS is working with the
Benzie-Leelanau Health Department
scheduling Covid vaccines.

Call LCSS (231) 256-8121 to schedule your
vaccine or booster.

SCHEDULE A
COVID-19 VACCINE
APPOINTMENT



Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

Medicare/Medicaid Assistance Program (MMAAP)

LCSS recently received a
complaint/concern regarding the
advertisement of Medicare/Medicare
advantage plans on TV.



Many of these commercials
advertise that they can save you money even reduce how much
is taken out of your Social Security each month. Over the years,
LCSS has encountered a few seniors who have made changes
over the phone after seeing commercials or receiving phone calls
about Medicare plans that claim to be better and less expensive
only to have buyers' remorse. Unfortunately, it is legal for these
advertisements to occur and there are many groups
advocating for changes at the state and federal levels.

I recently spoke with Sarah Stroven, the Regional Medicare
Medicaid Assistance Program Coordinator with the Area Agency
on Aging of Northwest Michigan about the impact of commercial
advertising. Sarah stated that if you believe you or someone you
know has been enrolled into a program due to a marketing
misrepresentation, you or a MMAAP (Medicare Medicaid
Assistance Program Specialist) can file a complaint against the
person/entity that did the enrollment and get the plan switched.
In some circumstances they will adjust the coverage retroactively
for that person so that it will be either the plan they were
previously in or a better plan that makes more sense.
This way of going about things, in her opinion works better
because it goes directly back to the person who made the
enrollment and they will be dealt with by CMS/Medicare.

LCSS offers seniors the opportunity to meet with Bruce Barnes,
a Medicare Medicaid Assistance Program Specialist at the
Government Center a few times a month. Bruce is a wealth of
knowledge and can assist you in determining what type of
Medicare plan may be in your best interest not only in regards to
coverage but financially as well.

LCSS encourages you to meet with a local MMAAP specialist
either through LCSS or the Area Agency on Aging before you
make any decisions over the phone based on a commercial
viewed on your television.

Pen Pal Program

LIFT (Leelanau Investing For Teens) is coordinating a Pen Pal program between Leelanau County seniors and Suttons Bay Public High School students that would continue through the end of the school year. This a great opportunity with the potential to create a special relationship with someone new in the community.

The first letter would be initiated by you and serve as an introduction. It can be overwhelming to try and think about what you might say in a letter.



The school and LIFT have come up with some prompts to make it easy.

1. What is your favorite activity to do?
2. Try to describe yourself in 3 words.
3. Do you have something that you cannot live without?
4. What are you most grateful for in life?
5. Do you have an animal? OR What is your favorite animal?

When a student writes back they will include additional prompts to be answered in the next letter.

If you are interested in participating in this program you may contact our office and/or you may write a letter and send it directly to :



**LIFT C/O Pen Pal Program
PO Box 527
Suttons Bay, MI 49682**

Online World

The pandemic has changed how a number of organizations do business. LCSS has received a number of calls these past couple of years from seniors who do not have a computer or the skills to navigate the online world, but are being required to in order to do business. We have assisted a number of seniors with scheduling an appointment for a vaccine, and scheduling an appointment or renewing license plates through the Secretary of State.

We see the value of conducting business online, but also are witnessing the number of people it is leaving behind as people continue to utilize Zoom meetings, and use the online world to share information and connect with others. LCSS posts information online, in paper, and answers the phone to try and meet the communication needs of all our seniors. If you struggling to navigate online to complete your business. LCSS may be able to assist you or connect you with a resource that can help you navigate our ever-changing world.

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

Brain Check?



Have you noticed cognitive changes in yourself or a loved one?

- Changes in short-term memory, asks the same question repeatedly
- Frequently loses items, gets lost easily
- Confusion
- Poor attention and concentration. Doesn't appear to listen. Gets confused in conversations.
- Language difficulty. (Difficulty speaking or finding words or cannot understand what others say)
- Can't recognize things.
- Visuospatial difficulties including difficulty drawing or using a map.
- Poor judgement/decision making.
- An unexplained change of personality, increase in anxiety or depression, development of delusions or hallucinations.
- New difficulty with understanding or managing bills or finances.
- Can't recognize familiar persons.

If you answer yes to any of these it may be time for a neuropsychological assessment.

What type of medical conditions might change cognitive functions?

- Alzheimer's disease. (Or other types of dementia)
- Parkinson's disease.
- Transient ischemic attack (TIA) or stroke.
- Traumatic brain injury.
- Epilepsy.
- Brain tumors.
- Infections of the brain or spinal cord.

*Excerpted from Cleveland Clinic article.

If you are a loved one could benefit from neuropsychological testing ask your primary care physician for a referral.

Caregiver Support Group



Presented by:

Alzheimer's Association

Michigan

4th Wednesday of the month
2:00 p.m. – 3:00 p.m.

*Meets by phone and Zoom
with Leelanau County Senior Services*

*For questions and information call
LCSS and ask for Victoria
231-256-8121*

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Visit alz.org/gmc to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, at alzconnected.org.

April is Parkinson's Awareness Month

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing neurons in the brain. Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands.
- Other forms of tremor are possible.
- Bradykinesia (slowness of movement)
- Limb rigidity
- Gait and balance problems

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States. Parkinson's symptoms may also be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include: apathy, depression, constipation, sleep behavior disorders, loss of sense of smell and cognitive impairment.

Parkinson's Network North @ <https://www.parkinsonsnetworknorth.org/> is our local non-profit organization that services a 10-county area in Northwest Michigan and has active support groups in Traverse City, Leelanau County and Frankfort. PNN partners with the Michigan Parkinson's Foundation, the Michael J. Fox Foundation and the Parkinson's Foundation in order to access all possible sources of information, research and resources that can help people with Parkinson's and their care partners.

This year the Parkinson's Foundation is working to raise awareness about Parkinson's disease and all of the available resources they have developed to make life better for people with Parkinson's disease through their website: <https://www.parkinson.org>

Area Agency on Aging Daily Living Advice

Area Agency on Aging has some great resources on their website for seniors and caregivers who are looking for some tips to promote living independently. They can be found at <https://aaanm.dailylivingadvice.com/QuickTip>.

These tips range in topics from mobility, vision, daily activities, and tips related to specific health conditions. You can also find aging in place guides, as well as health and caregiver newsletters.

Food Corner

I am the worst at wearing an apron to protect my clothes from stains in the kitchen. I have 3 aprons and hardly ever wear one. The other day I was sorting the mail to recycle and came across this ad for a magazine with an insert on how to remove stains. I now have it tacked above my washer for those times I forget to wear an apron. Enjoy ~ Armanda



QUICK STAIN REMOVAL GUIDE

CHOCOLATE

Scrub with liquid dish soap and soak in cold water for several minutes. Launder with an Member's Mark Ultimate Clean Laundry Detergent or 1/2 cup baking soda and 1/2 cup hydrogen peroxide. If stain remains - rewash with bleach safe for fabric.

GREASE & OIL

Immediately scrub with a liquid dish soap that is meant to deal with grease. Rinse with cold water and treat with a stain remover. Launder in hot water adding 1/2 cup of baking soda. Repeat if needed.

INK (PEN)

Pre-treat with hairspray, rubbing it into the stain. You can also use rubbing alcohol. Once it has dried, you will launder in cold water and use 1/2 cup of baking soda in wash. Repeat treatment if needed.

JUICE & WINE

Blot with a clean dry cloth immediately. Stretch fabric over a bowl and cover stain with salt then pour boiling water carefully onto the stain. Launder using 1/2 cup of baking soda. If stain still remains, use an eye dropper to apply diluted white vinegar. Launder again.

SAUCES

Immediately Soak in ice-cold and sponge out as much as possible. Use an eye dropper to apply diluted white vinegar to the stain and then rinse with cold water. Launder in cold water with 1/2 cup of baking soda.

BLOOD

Immediately Soak in ice-cold water for 15 minutes. Launder in cold water with 1/2 cup baking soda and Member's Mark Ultimate Clean Laundry Detergent. Use can also add 1/2 cup of hydrogen peroxide. Retreat and rewash before drying if needed.

GRASS

Scrub stain with dish soap or mix three equal parts Hydrogen Peroxide, Baking Soda and Water and use it as a scrub. Wash in hottest water safe for fabric. Repeat if needed.

MAKE-UP

Do not use water. Rub mineral oil onto the stain and soak for 15 minutes then rinse with a sponge using 1 part ammonia and 2 parts water. Launder as normal.

Do not use ammonia on silk or wool. They will need to be dry cleaned.

SWEAT

If it is a fresh stain, apply ammonia. If it is older, apply white vinegar, scrub and rinse. Launder in hottest water safe for fabric and wash with Member's Mark Ultimate Clean Laundry Detergent. 1/2 cup hydrogen peroxide and 1/2 cup of baking soda can also be used.

www.lovebugsandpostcards.com

Loan Closet

Two-Wheel Walkers: LCSS currently has an abundance of two-wheel walkers available through our loan closet.

If you or someone you know could use one or two, please contact our office and we will be happy to share the wealth.

Depends: We currently have a wide variety of sizes and styles available,

Food Pantries:

Leelanau Christian

Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry

is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

General Information regarding Cellular Upgrades in 2022

3G service will be discontinued by all service providers at various stated times this year. Cell phone owners have likely already been contacted by their service provider if their phone is only 3G (or 2G) compatible. Once a provider ceases 3G service, these older cell phones will no longer be able to communicate with cell towers. This means these phones will NOT be able to dial 9-1-1 and will act as if there is no service. The phasing out of 3G service means this is the end of the line for 3G devices. Most carriers have some “less than current” options available in their stores, but the selection will be limited. More options can be found online, but be careful of the source; if it is not specific to one’s service carrier, the SIM card will have to be verified for compatibility with the existing carrier. The other option is to invest in one of the newest phones. Most of these phones have larger screens that are easier for viewing/reading/dialing. Yes, these phones come with a lot of bells and whistles that won’t be needed or utilized by many. Few people truly use their cellphone to its fullest extent.

Per Matt Ansorge, Leelanau County’s Emergency Management Director, the 4G network has been in place and will continue to be so until that generation of service is replaced, around 2030. 5G will continue long after that. Unfortunately, the gaps in coverage around the County are not expected to change drastically over the next few years.

AT&T Switching some Landline Phones to Wireless

Our office has heard from a few of our seniors that AT&T is switching some of their landline Plain Old Telephone Service (POTS) plans to Voice Over Internet Protocol (VOIP) service. AT&T is giving customers written notice of this impending change before it happens. If your phone carrier is AT&T and mailed written notice is received from AT&T describing this upcoming change, do not dismiss this notification! If you live in an area where you are unable to call 9-1-1 with a cell phone, contact AT&T and let them know you do not agree to this change of service.

Emergency Home Repair funds offered through Leelanau County

For information
about other
services
offered at
NMCAA, visit
www.nmcaa.net.



**Northwest Michigan
Community Action
Agency**
3963 Three Mile Road
Traverse City, MI
49686



*NMCAA is an equal opportunity
employer, provider and lender.
Discrimination is prohibited by
federal law.*

Northwest Michigan Community Action Agency
is assisting the County in administering this Program .

For more information - Contact NMCAA at the number below



Funding may be available for items such as:

- ***Roof replacements***
 - ***Heating systems***
 - ***Water Heaters***
 - ***Wells & Septics***
 - ***Plumbing repairs***
 - ***Electrical hazards***
 - ***Handicap accessibility***
- ...and more!***

Call: Leslie Casselman at (231) 346-2121 or



Email: lcasselman@nmcaa.net

***To find out if you qualify for assistance with your emergency
Repair. Funds provided as grants or loans depending on the cost.***

*The hearing impaired should contact us through
the Michigan Relay Center at 1-800-649-3777.*

March 2022

*The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Elmwood foot care clinic	5
6	7 LCN 2-6	8 VA* Empire Food Pantry 4:30-5:30	9	10 MMAP Specialist	11	12
13  SPRING	14 LCN 2-6	15 VA* Empire Food Pantry 4:30-5:30	16	17 	18	19
20	21 LCN 2-6	22 Empire Food Pantry 4:30-5:30 Commodities	23	24 MMAP Specialist	25	26
27	28 LCN 2-6	29 VA* Empire Food Pantry 4:30-5:30	30 Alzheimer's Zoom Meeting	31		

Food Commodity or Surplus every 3rd Tuesday of every month

April 2022

For more information on surplus & commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Elmwood foot care clinic	2
3	4 LCN 2-6	5 VA* Empire Food Pantry 4:30-5:30	6	7 Estate Planning	8	9
10	11 LCN 2-6	12 VA* Empire Food Pantry 4:30-5:30	13	14 MMAP Specialist	15 Office Closed @ Noon	16
17 	18 LCN 2-6	19 VA* Empire Food Pantry 4:30-5:30	20	21	22	23
24	25 LCN 2-6	26 VA* Empire Food Pantry 4:30-5:30	27 Alzheimer's Zoom Meeting	28 MMAP Specialist	29	30

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
PAID
TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp